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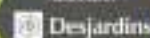
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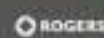
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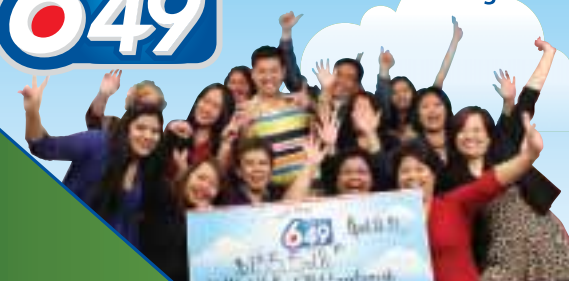


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NO NEED TO SKIMP ON THIS SWEET SHRIMP

 FIND OUT HOW TO MAKE THESE SHRIMP SKEWERS IN ONLY 20 MINUTES **PAGE 20**


SoHo stabbing marks city's first murder of 2014

 Police charged Adam Keith, 27, with second-degree murder on Sunday **PAGE 2**

Hey kid, want a puff of my Tootsie Roll?

 Child-centric brands upset about some e-cigarette flavours, which include Tootsie Roll and Cinnamon Toast Crunch **PAGE 13**

The Memorial Cup heading to Oil country

 The Edmonton Oil Kings take Guelph by Storm with a 6-3 win in the Memorial Cup finale **PAGE 23**


TEA TIME

Shabnam Weber of the Tea Association of Canada has been helping to brew some of London's very own experts in the drink, which is boiling over with popularity. Story on page 6. MIKE DONACHIE/METRO

Joe Fontana gets his day in court

Criminal charges. London mayor's fraud trial starts


SCOTT TAYLOR
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Mayor Joe Fontana's criminal trial starts Monday and its outcome could have a strong bearing on who will run London after the municipal election in October.

Fontana is charged with fraud under \$5,000, breach of trust by a public official and uttering forged documents all relating to a \$1,700 cheque from Public Works Canada that he used as a deposit for his son's wedding reception at the Marconi Club in June 2005.

Fontana was then the Liberal MP for London North Centre and the labour minister in Paul Martin's minority government.

He was formally charged in November 2012 and has denied all the allegations.

In the interim, it's been business as usual at city hall, save for the call from several councillors for him to resign while the case worked its way through the court system.

If convicted on all counts, Fontana could be sentenced to 10 years in prison, but his lawyer, Gord Cudmore, refused to

speculate on that outcome.

Instead, he said he's pleased the trial, which will be handled by a judge without a jury, is at hand and that evidence from both sides will finally be presented.

The feeling is that it'll run for just three or four days. Cudmore has said he doesn't think the judge will take much time rendering his decision once all evidence is presented.

"Everybody's ready to go," Cudmore said. "We'll enter the pleas, then the Crown will present its case and then when the Crown is finished offering its evidence, if I want to offer evidence, I'll do it then."

He wouldn't say if Fontana plans to testify on his own behalf.

Fontana has said he will seek re-election, but he hasn't filed the official paperwork at city hall. He's said he plans to do that in June.

A spokeswoman with the ministry of municipal affairs and housing said in an email that a conviction wouldn't disqualify Fontana from running for a second term.

"A person does not lose the eligibility to serve solely on the basis of being charged or convicted of an offence," said May Nazari. "A member of council would have to be serving a sentence of imprisonment in a penal or correctional institution to lose his or her seat on council."

Justice Bruce Thomas

Judge, not jury

Superior Court Justice Bruce Thomas will preside over and decide Mayor Joe Fontana's case.

A former lawyer, prosecutor and Ontario Court judge, Thomas was sworn in to superior court in March 2008.

Though he lives in Chatham, he grew up in Windsor, where he attended high school and university.

He's been described as very collegial with a good sense of humour.

He's best known locally for presiding over the high-profile trial for Tim Best, the husband of a former London mayor. Best was convicted in January 2011 of impaired driving causing bodily harm, failing to remain at the scene of an accident and dangerous driving.

"Different judges have different ways they like evidence to be presented and arguments made, so you adjust accordingly," said Fontana's lawyer, Gord Cudmore, "but essentially, we're looking forward to a good judge trial."



Forensics officers were at 98 Clarence St., between Hill and South streets, on Sunday morning as the investigation into a fatal stabbing continued. MIKE DONACHIE/METRO

Murder charge laid in SoHo stabbing

Homicide.

28-year-old died in hospital after he was found outside 98 Clarence St., cops say



MIKE DONACHIE

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A Saturday night stabbing in SoHo has become London's first homicide of the year.

Jeremy Taylor, 28, of London, died in London Health Sciences Centre after being

found with "injuries" outside a house at 98 Clarence St., police said. They were called to the scene shortly after 11:30 p.m.

Adam Keith, 27, was arrested nearby. He was charged Sunday afternoon with second-degree murder and is awaiting a court appearance, police said.

A post-mortem was performed Sunday on the victim. Police are not seeking any other suspects.

The police had their major crimes section at the scene Sunday morning. Cops had taped off an area at the side of the house,

which is broken into apartments, where red cups could be seen scattered around.

Tanya Park, president of the SoHo Community Association, described it as a "horrible incident" and said she shared the grief of the dead man's family.

"It's awful," she said. "It ripples throughout a community, and we all feel it, whether we are personally affected by it or not. We're all linked together."

The stabbing comes on the heels of an unrelated incident last week when two people were arrested after a

standoff in SoHo.

There were reports of a home invasion where a gun was seen on Maitland Street between Hamilton Road and Simcoe Street. Nearby residents of the area were evacuated.

Two London men, ages 23 and 32, were arrested at the scene and charged with armed robbery. One was also charged with making threats to cause death.

It's rare for the city to get so far into the year without a homicide. In fact, it's been eight years since London made it through April without a murder.

Fanshawe

Billions generated by college and its graduates: Study

Fanshawe College is seen as a valuable part of London and the wider region, but for the first time we know how valuable.

A regional economic impact analysis study has concluded the college is worth \$1.6 billion, with the biggest influence coming from the impact of graduates' incomes, adding close to \$1.4 billion to the region.

The study was conducted by labour market data specialists Economic Modeling Specialists International from December 2013 to April of this year.

The results are based on the impact of college operations, the spending of students who relocated to the region and increased productivity of Fanshawe graduates employed in the region.

That \$1.6 billion translates into about five per cent of the region's gross regional product. It represents a multiplier of 6.5 for every one dollar in government investments that Fanshawe received over the same period.

College president Peter Devlin says the institution is "an economic driver that is reshaping our economy."

MIKE DONACHIE/METRO

More on Fanshawe College:

- The school has campuses in London, St. Thomas, Woodstock and Simcoe.
- It recently launched a downtown London campus in addition to the one in the city's east end.

Web portal for students prepped for launch in the fall

Hey students — the city's talking to you, and it's got a new idea to encourage you to listen.

Work is under way on Your London Calling, a city-led website designed to speak directly to students.

It's due to be completed by the fall, and a special task force is being formed to build it. It's believed to be the first time a municipality in Ontario has taken this approach.

The idea was born after by-

law enforcement chief Orest Katolyk and his staff discovered that existing efforts to talk to students weren't working. The city discussed communications with students across London, Katolyk said.

"We asked them how they got information about the city of London," he explained. "How do they get information about city events, bylaws, media releases that the police put out?"

"All of them said that they didn't really go to the Internet to specific sites to get the information."

So the city's attempts to make sure students know how to stay safe, or are aware of bylaws that tell them how to behave in their front yards, are to some extent falling on deaf ears.

"I found that a bit concerning because I feel that we have good information on our

websites from all the different agencies," Katolyk continued. "So we thought, if they're not going there, then why don't we get the students to build a website for students?"

The community and protective services committee will hear all about the idea Monday, as staff seeks permission to take it further.

The website's cost will come from existing city budgets.

MIKE DONACHIE/METRO

London calling

- Don't go looking for yourlondoncalling.ca, because it doesn't exist until September.
- For now, the web portal for public information, whether you're a student or not, is London.ca.



John Baxter, left, credits Middlesex-London EMS paramedic Carlo Castellani with saving his life. SCOTT TAYLOR/METRO

Survivors thank their saviours

Meeting up again. The Survivor's Day Lunch is organized each year to celebrate those who almost certainly would have died without immediate medical care



SCOTT TAYLOR
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I "heart" paramedics.

That was the overwhelming emotion as 22 heart-attack survivors gathered Friday to tell their stories and thank the men and women who saved their lives.

The Survivor's Day Lunch is organized each year to celebrate those who almost certainly would have died without immediate medical care.

It also allows people helped by first responders to meet up again with those who played a role in their

At a glance

- Up to 40,000 cardiac arrests happen each year in Canada.
- Without immediate medical care, most of them would be fatal, experts say.

survival.

John Baxter, 67, of London, was among those at this year's event. His survival story started on Feb. 13, 2013.

Baxter wasn't feeling well as he prepared for bed and wasn't certain what was wrong. But, he correctly guessed he was having a heart attack.

Middlesex-London EMS was called, and paramedic Carlo Castellani and partner Bob Gordon were first on the scene. They immediately noticed that Baxter was unwell.

"We placed him on a

stretcher and shortly after that he experienced cardiac arrest," Castellani recounted. "We were able to initiate CPR and apply our defibrillator immediately and delivered a shock to him, which was able to restart his heart."

Baxter said he's sure he would've died if not for their quick action.

"I do believe that I would not be here today if it were not for those gentlemen," he said.

He remembers being placed on the stretcher and then lifted into the ambulance.

"And that's when I felt that something really big was going on here," he said. "I could feel my undershirt being ripped open."

He paused his story at that moment and looked at Castellani.

"You didn't have to ruin it, you know. I could've taken it off myself."

Both men laughed.

Friday's lunch helped mark Paramedic Services Week, which officially started on Sunday.



Follow Scott Taylor on Twitter @taylorinlondon

Quoted

"For me, it was sort of a miraculous experience in every sense of the word."

John Baxter of London, about surviving cardiac arrest with the help of paramedics

Hospice ready for a very stylish party

A sophisticated and chic cocktail party for 500 people is about to benefit a good cause in London.

St. Joseph's Hospice is getting ready for the Handbags for Hospice fundraiser on June 18 at the Best Western Lamp-lighter Inn.

It features an array of the latest trends in fashionable and designer handbags for silent and live auction.

It's the second time the event has happened, and last year it sold out, said Gabriella

Catolino, director of community engagement and development. "We are receiving stellar corporate support, and it seems that every day another gorgeous handbag arrives, donated by a generous individual, caring retailer or group," she said.

St. Joseph's Hospice looks to the community for support in funding 42 per cent of its operating budget for programs and services.

The live auction will include a parade of handbags, as well as a firefighters' dinner, a

Mercedes-Benz London weekend getaway and an exclusive pampering package including a year's worth of hair care from Salon Entrenous. Tickets are \$60 per person and can be bought at sjhospicelondon.com or by calling 519-931-3463.

METRO

On the web

For more local news, go to metronews.ca



Strathroy

Charges laid in baby's death

Two people have been charged in the death of a 20-month-old child in Strathroy.

Police arrested Amanda Dumont, 24, and Scott Bakker, 28, on Friday, two days after Ryker Daponte-Michaud died suddenly.

Both are charged with criminal negligence causing death and failing to provide the necessities of life. They remained in custody Sunday with a bail hearing scheduled for Monday in London. **METRO**

Best neighbourhood in Canada. Wortley gets stamp of approval

Wortley Village has been labelled the best neighbourhood in Canada, and now the label really exists.

On Saturday, the community came together for the unveiling of a plaque at Landon Branch Library. It marks the area's victory in the Canada's Great Neighbourhood competition for 2013, run by the Canadian Institute of Planners.

The library was chosen by community representatives to bear the plaque be-

cause it's seen as the heart of the community. Landon branch is used as a meeting place for Wortley residents, so it will be the permanent home of the plaque.

The unveiling ceremony included Gloria Leckie, chair of the London Public Library Board, local Coun. Denise Brown, and representatives of the Old South Community Organization and Old South Business Association.

METRO

London singers covering their favourite tracks for city sing-off

London Covers. Prizes for diverse collective of local talent include studio time, live gigs



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The response has been “phenomenal,” the organizers have said, as a London singing challenge nears completion.

The original 26 entries in London Covers have been cut down to the top five acts in a public online vote that’s left the people behind the show — London Youth Advisory Council and marketing agency Fourword Thinking — thrilled with the response.

“We had just under 40,000 ... people come to the website,” said Jordan Sojnocki of the youth council. “That’s really cool. I couldn’t believe it.”

The concept was cool, too.

People presented cover versions of popular songs in their own style, and the results were varied, from beat-box to punk rock to country.

Now the five favourites are to compete on stage, with a panel of five judges from the London music scene to choose the winner.

Prizes include recording time in a studio, a music video, professional photography and the chance to open for acts at London Music Hall, which isn’t charging a fee to

host the final.

“It’s been phenomenal,” Sojnocki said. “We had a great turnout.”

As the event was put together, he first felt that the artists were doing him a favour by performing, but that soon changed, he said.

“They were all so gracious and thankful for the opportunity, so I realized what a big deal it was for them,” he said. “It blew me away and it showed how hungry London is for something like this.”

Who they are and what they’re singing

The final five contestants in London Covers are Kelly Bain, Trevor Horman, Bailey Pelkman, Gareth Bush and Kira Longeauy.

- Each will sing three songs of their own choice.
- The list includes Clown by Emeli Sande, Eye of the Tiger by Survivor, Sweet

Mountain River by Monster Truck, Get Lucky by Pharrell Williams, Message in a Bottle by The Police, and Hit Me Baby One More Time by Britney Spears.

- The event is at London Music Hall on May 31. For more information, including ticket details, head to londoncovers.ca.



Give'r: Young triathlete working it for Big Brothers Big Sisters

More than 400 children took on a physical challenge Sunday at the fourth annual Kids Tri 4 Kids event. Families cheered them on at the Carling Heights Community Centre while they swam, cycled and ran around a professionally designed course, with events tailored for them according to their ages. It was sponsored by ScotiaMcLeod and raised money for Big Brothers Big Sisters of London. **MIKE DONACHIE/METRO**

Josiah's Journey. Charity walk to raise funds for hospital in honour of baby

Londoners will gather June 1 for the fifth annual Josiah's Journey fundraising walk.

The walk honours the memory of baby Josiah Morash, who died in 2009 from a rare genetic disorder known as Trisomy 13 or Patau's syndrome.

It also raises money to support neonatal intensive care at London Health Sci-

Online

Check josiahsjourney.ca for more details.

ences Centre's Children's Hospital.

Next month's walk will be at Springbank Gardens.

METRO

Infrastructure closures. Construction to cause delays across the city

A portion of Oxford Street West will be closed through Friday for infrastructure work related to development in the Riverbend area.

The road closure will extend from Kains Road to Westdel Bourne.

Eastbound Oxford traffic will be detoured north on Westdel Bourne to Kains. Westbound drivers will be de-

toured north on Kains to Westdel Bourne.

Commissioners Road traffic heading west will not be able to turn left at Oxford Street West, and instead will continue north to Kains Road over to Westdel Bourne.

Updated information about road construction is available at london.ca/construction.

METRO

Project Play. Fanboys and fangirls will do good doing what they do best

Groups are joining forces to help gamers support children.

Project Play will team up with the Children's Health Foundation and Extra Life, a fundraising campaign of the Children's Miracle Network Canada, for London's third annual fundraising day of play.

This year's Project Play has been slated for Nov. 23 at Western Fair District.

During the event, people spend the day playing video games, card games, and taking part in cosplay. All money raised will support London-area organizations working with children and families and the Children's Health Foundation.

“Project Play and Extra Life both let gamers give back,” said Project Play co-founder Greg Picken. **METRO**

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Blackfriars Bridge. City crossing the gap toward saving heritage structure

The rescue of Blackfriars Bridge is expected to get a little closer next week with the appointment of a consulting engineer.

City staff is looking for approval from the civic works committee for the next step in saving the 1875 heritage structure.

Last year, it was closed as an emergency measure after serious corrosion was found. That started an uncertain period in its long history, which could have seen it close for good.

Now, thanks to a \$260,000 repair, it's open to pedestrians and cyclists, and the city is preparing an environmental assessment that will decide whether cars can ever use Blackfriars Bridge again.

That all-important environmental assessment could begin soon, if council approves a nearly \$200,000 contract to appoint Dillon Consulting as consulting engineer.

A report to the committee also outlines the conservation options for the bridge, based on levels of interven-



Blackfriars Bridge has been closed to vehicles and is now only open to pedestrians and cyclists. METRO FILE

tion "consistent with the Ontario Heritage Bridge Program," which provides provincial guidelines.

The options range from retaining the bridge as it is, to partial modifications that would bring it back up to standard, to removing and replacing it.

That last option isn't likely, based on comments by councillors at past meetings.

MIKE DONACHIE/METRO

A Different Drum. London theatre group's mash-up of genres 'a comedic treat'

Think heavy, classic literary tales with an upbeat twist.

That's exactly what a group of London-area home-schooled students are bringing to The Arts Project (203 Dundas St.) later this week.

Called A Different Drum Theatre Group, students ranging in age from seven to 18 will take the stage to perform five classical plays within a play.

The show covers a wide

range of genres, including Romeo and Juliet, Frankenstein, Phantom of the Opera, Sherlock Holmes and the Legend of King Arthur.

It's all described as a "comedic treat sprinkled with outrageous takes on some very familiar characters."

Shows run Wednesday to Saturday. Check artsproject.ca or call 519-642-2767 for times and ticket details. METRO

Getting teste. Ta-tas team focus on men's health with Save the Junk tournament

The minds behind London's Save the Ta-tas softball tournament are now turning their focus to men's health.

Save the Junk, a tournament to raise money for efforts related to testicular and prostate cancer, is planned for Oct. 4.

The tournament will be at London Optimist Sports Cen-

tre, better known as Dreamers, on Exeter Road.

Save the Ta-tas, which drew nearly 50 teams to the sports centre earlier this month, raised \$12,330 for the London Cancer Society.

That brings the event's five-year total to about \$37,000.

METRO



From left: Louise Roberge and Shabnam Weber of the Tea Association of Canada with Maureen Korhonen, Fanshawe College program consultant and graduating tea sommelier. MIKE DONACHIE/METRO

Learning about tea, and then sommelier

'The A to Z of tea.'

Fanshawe is brewing up graduates in the art of pouring the perfect cup



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Fanshawe College has been hosting unusual graduations: It's been pouring out people qualified to become a tea sommelier.

A what?

A tea sommelier is an expert in tea, explains Louise Roberge, president of the non-profit Tea Association

Go leaf go

"It's a question of taste, but tea is a healthy beverage. You're drinking the leaf, the brew of the leaf, and there's lots of research that can show tea as so healthy for you." Louise Roberge, president of the Tea Association of Canada

of Canada. These sommeliers suggest teas and help customers choose one that's right for them. And that includes knowing the history of a tea and its production.

"It's really the A to Z of tea," says Tea Association board member Shabnam Weber, owner of the Tea Emporium, a specialist company in Toronto with five outlets that also sup-

plies tea to restaurants.

There are only about 100 tea sommeliers in all of Canada, and Weber and Roberge were at Fanshawe last week to present awards to the first eight graduating students.

There's no shortage of tea drinkers, the association explains. In fact, tea was bigger than coffee until a Second World War short-

age inspired a change in habits.

That's been turning around since the early 1990s, when growth in tea consumption began. It hasn't stopped since.

"It's a question of taste, but tea is a healthy beverage," Roberge says.

"You're drinking the leaf, the brew of the leaf, and there's lots of research that can show tea as so healthy for you."

Added to the health benefits is a simple change in population, as more people come to Canada from tea-loving countries such as India, China and Japan.

How to boil, steep and sip like a boss

At Metro's request, tea expert Shabnam Weber provided guidelines to getting the most out of your tea.

One of the keys is making sure you use fresh water each time. Pour that old stuff out of the kettle; its

oxygen content is all wrong if it's been boiled before.

After you bring your water to a boil, use it immediately if you have black tea or herbals. For more delicate white tea, green tea or oolong, let the water

come to a boil then leave it for 60 seconds before use.

Steeping times vary. White tea is usually two to four minutes, green is one to three, oolong is two to four, black is three to five and herbals are five and up.

But tea is all about personal taste. Have it how you like it, Weber said, noting that due to variations in crops, production and other factors, no two cups of tea will ever be the same.

MIKE DONACHIE/METRO

Whimsical creatures
lurk in the woods

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Liberals release platform with \$1B vowed for Ring of Fire

Campaign. But details of where, when, how for northern route to mining project are lacking

Ontario's Liberals are promising to go ahead and spend \$1 billion to build a transportation route to the Ring of Fire mineral deposit, with or without financial help from the federal Conservatives.

But they haven't decided where or when they'll start building it, or how they'll find another \$1 billion to complete the route in a remote region of northern Ontario if Ottawa won't provide the funds.

They say those decisions will be up to a development corporation that they'll create within 60 days of taking office that will include both levels of government, First

Nations and private companies.

The Liberals are also promising to build more hospices, cap hospital parking fees and help high-school students plan their path to a desired career if they're re-elected on June 12.

Officials say the platform, released Sunday, essentially fleshes out more details of their failed May 1 budget that they'd planned to announce and is fully costed.

It includes some common ground with the rival NDP, who triggered the election when it said it couldn't support the budget.

The Liberals are also promising to reduce medical wait times in five areas by more than 50 per cent and are guaranteeing that everyone will have access to a primary care provider, such as doctor or nurse-practitioners. **THE CANADIAN PRESS**



Premier Kathleen Wynne releases the Liberal party platform in Thunder Bay on Sunday. **THE CANADIAN PRESS**

Hudak continues crusade against 'corporate welfare' in London

Would-be premier Tim Hudak railed at "corporate welfare" as he pledged to make Ontario the lowest corporate-tax jurisdiction in North America — though he could not name those areas with lower rates.

In a campaign speech to a London business crowd, the Progressive Conservative leader pledged an end to the corporate handouts he said inevitably lead to government corruption.

"We have seen again and again that the world of crony capitalism — where big government gets into bed with big business — that's how corruption starts," Hudak said to a smattering of applause.

Subsidies and grants to business, he said, are "economically disastrous and morally wrong."

Hudak's main election plank is his promise to cut taxes and slash 100,000 public-sector positions as a way to create more jobs.

His pledge, if elected June 12, is to cut Ontario's corporate tax rate to eight per cent from its current 11.5 per cent.



Progressive Conservative Leader Tim Hudak speaks with London Coun. Bud Polhill as Coun. Denise Brown looks on before his Friday speech. **THE CANADIAN PRESS**

Despite his boast that the province would have the lowest rate in North America, statistics appear to suggest otherwise and his claim rests largely on the federal government.

For example, state corporate taxes in Colorado run at

4.63 per cent, while low-wage states such as Mississippi, South Carolina and Utah come in at five per cent.

Although his speech was generally well received, the chamber of commerce crowd seemed to be split along small-business and large-

Quoted

"There is no credible evidence and no credible theory that says any country, any province (or) any state can subsidize its way to prosperity."

PC Leader Tim Hudak on government subsidies to businesses

corporation lines in their applause as Hudak attacked corporate subsidies.

One small-business owner queried whether lower taxes would make up for the government money that helped him hire staff.

Hudak was adamant it would.

He slammed what he called a \$2.5-billion corporate-welfare slush fund Liberal politicians can access to hand out to companies at their discretion.

"It's wrong," he said. "It is corruption waiting to happen."

THE CANADIAN PRESS

Politics. Party faithful fears NDP is slipping too far to right: Analysts

At a glance

Under Andrea Horwath's leadership, the New Democrats have gone from holding 10 seats to holding 21 in Queen's Park.

NDP Leader Andrea Horwath's attempts to make the party more business friendly — and electable — are alienating the party base, which is why some core New Democrats are complaining loudly about her campaign for the province's June 12 election, political analysts said.

"They're upset that the NDP is talking about the middle class, not about the working class," said University of Toronto political science Prof. Nelson Wiseman. "You can see it in some NDP circles where people are not terribly enthused."

In the strongest signal yet that Horwath is losing the support of some of the party faithful, she received an open letter Friday from 34 current and former New Democrats — some well-known within the party — who said they were angry that she did not support the Liberal budget on May 1, triggering an election.

Calling it "the most progressive budget in recent Ontario history," they wrote: "From what we can see you

are running to the right of the Liberals in an attempt to win Conservative votes. It is not clear whether you have given up on progressive voters or you are taking them for granted."

They went on to say that they were "seriously considering not voting NDP" this time.

When asked about the letter Saturday, Horwath would only say that her party is "very democratic" and "people have a right to voice their opinions."

Prof. Henry Jacek of McMaster University said Horwath angered some NDP supporters by offering tax cuts to small businesses to offset a promised hike in the minimum wage to \$12 an hour.

THE CANADIAN PRESS

Do you know why a mortgage document is so big?

It's because there's a lot more in it than just the rate.

Why lowest isn't always best.

Don't get us wrong. A low rate is great. But most low rate mortgages come with restrictive terms that could keep you in your mortgage longer than you'd like. Which means paying interest longer than you'd like. So, instead of thinking about the cost of your mortgage in rate terms, think about it in dollar terms. For example, how much interest will you pay over the life of your mortgage?

How restrictive terms cost you in the end.

The key to saving interest costs is having the flexibility to increase payments or make extra payments. With rates as low as they are, regular lump sum and increased payments will save you more interest over the life of your mortgage. Even more than switching to bi-weekly payments![†]

Good advice is worth its weight in gold.

Locking in at today's low rates might be right for you. But keep in mind that small changes can make a big difference in helping you become mortgage-free faster so keeping that flexibility is essential.

So how can we offer a rate this low with the benefits you want?

Since we refuse to overload our mortgages with restrictions and we insist on giving people competitively low rates, the only way we can do it is for a limited time.

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VARIABLE 5-YEAR TERM

Apply by June 7, 2014.

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* All mortgages are subject to applicable credit approval, Scotiabank residential mortgage standards and maximum permitted loan amounts. **Scotiabank 5-Year Fixed Rate Special** – The new mortgage must be set up as a 5-year closed term fixed rate mortgage at a rate of 2.97%. As of May 22nd, 2014, if there are no 'cost of borrowing' charges (for example, appraisal fees), the APR for the rate of 2.97% equals 2.95% (compounded semi-annually, not in advance). Where a typical appraisal fee of \$300 is assumed (actual appraisal fees may vary), the APR equals 3.02% (compounded semi-annually, not in advance), for a term of 5 years – assuming a mortgage of \$100,000 with a 25-year amortization. **Scotia Flex Value® Mortgage Special** – Scotiabank Prime as of September 9, 2010 was 3.00%. As of May 22nd, 2014, the **Scotia Flex Value® Mortgage** – Closed 5 Year Term was 2.47%. If there are no 'cost of borrowing' charges (for example, appraisal fees), the APR for the rate of 2.47% equals 2.46% (compounded semi-annually, not in advance). Where a typical appraisal fee of \$300 is assumed (actual appraisal fees may vary), the APR equals 2.52% (compounded semi-annually, not in advance), for a term of 5 years – assuming a mortgage of \$100,000 with a 25-year amortization. The **Scotia Flex Value® Mortgage** interest rate varies with Scotiabank Prime. These offers expire June 7th, 2014 but are subject to change or withdrawal at any time. The mortgage must be funded within 90 days of the application date. Other conditions may apply.

† Assuming a mortgage of \$270,000 with a 25-year amortization at a rate of 2.97%, switching to bi-weekly payments will decrease your amortization to less than 23 years and save you approximately \$14,130 in interest. Alternatively, assuming the same mortgage of \$270,000 with a 25-year amortization at a rate of 2.97%, if you keep your monthly payment frequency but apply annual lump sum prepayments of \$500 and increase your regular payments by just \$20 every year, after your first year, you will decrease your amortization to less than 21 years and save approximately \$18,923 in interest.

Low voter turnout in the east

Rebels close polling stations

The question of who was able to vote Sunday loomed large over the democratic process. Some 35.5 million Ukrainians were eligible to vote, but separatists in the eastern Donetsk and Luhansk regions — which have 5.1 million voters — said they would not hold the vote because they are no longer part of Ukraine.

The regional administration in Donetsk said only 426 of 2,430 polling stations in the region were open Sunday, and none in the city of Donetsk. There was no voting in the city of Luhansk either, but some stations were open in the wider Luhansk region.

Fighting broke out Sunday in the Luhansk town of Novoiar. Sergei Melnichuk, a Ukrainian army battalion commander in Novoiar, said about 50 armed pro-Russia rebels attacked a polling station trying to seize ballots but government forces thwarted the move and captured 13 rebels. The Interfax-Ukraine news agency quoted the deputy interior minister as saying one person was killed and another injured in the fighting. **THE ASSOCIATED PRESS**



A woman cries after hugging a pro-Russian gunman in Lenin square in Donetsk, eastern Ukraine, Sunday. VADIM GHIRDA/THE ASSOCIATED PRESS

Ukraine's decision day

Presidential election.

Billionaire chocolate magnate pledges to 'bring peace to the Ukrainian land'

An exit poll showed that billionaire candy-maker Petro Poroshenko won Ukraine's presidential election Sunday in the first round — a vote that authorities hoped would unify the deeply fractured nation.

The ballot took place amid weeks of fighting in the sprawling eastern regions that form Ukraine's industrial heartland, where pro-Russia separatists have seized government buildings and battled government troops. The rebels had vowed to block the ballot in the east — and less than 20 per cent of the polling stations were open there.

Long lines of voters snaked around polling stations in Kyiv, the pro-Western capital, but heavily armed pro-Russia rebels in eastern Ukraine intimidated locals by smashing ballot boxes, shutting down polling centres and issuing threats.

The exit poll for Sunday's election, conducted by three respected Ukrainian survey



A Ukrainian soldier, with his daughter, casts a ballot during voting in the presidential election at a polling station in the village of Kovryi in western Ukraine, Sunday. Inset: Ukrainian presidential candidate Petro Poroshenko speaks to press at a polling station in Kyiv, Sunday. PETRO ZADOROZHNYI/THE ASSOCIATED PRESS; INSET: SERGEI CHUZAVKOV/THE ASSOCIATED PRESS

agencies, found the 48-year-old candy tycoon Poroshenko getting 55.9 per cent of the vote.

At a distant second was former prime minister Yulia Tymoshenko with 12.9 per cent, the poll showed. Full results are expected Monday in the election that could be a critical step toward resolving Ukraine's protracted crisis.

"The country has got a new president," a confident and composed Poroshenko told several hundred journalists at his election headquarters. "I would like to thank everyone for the support that the Ukraine has showed today for me and my team."

The tycoon pledged that his first steps as president will be "to put an end to war, chaos,

crime and to bring peace to the Ukrainian land." He also said his first visit would be to Donbass, Ukraine's eastern industrial region.

Poroshenko ducked the question whether he was prepared to work with Russian President Vladimir Putin but said Kyiv would like to negotiate a new security treaty with Moscow. **THE ASSOCIATED PRESS**

Thai military threatens action on protesters



Soldiers drive away a van carrying an unidentified Thai woman as anti-coup protesters, right, attempted to harm her during a demonstration in Bangkok, Thailand, Sunday. WASON WANICHAKORN/THE ASSOCIATED PRESS

Thailand's ruling military council stiffened its warnings Sunday against protests over its takeover of power, with its patience apparently wearing thin over demonstrations that have been growing in size and boldness.

The warning came a day before the coup leader, Army Commander Gen. Prayuth Chan-ocha, was expected to receive the king's endorsement formalizing his status as head of government.

After that, it's anticipated Prayuth may announce plans

for reshaping Thailand's political scene with an interim constitution to replace the one scrapped by the army after Thursday's coup, and an appointed legislative body.

After three days of tense but mostly nonviolent confrontations between protesters and security forces, a spokesman for the ruling National Council for Peace and Order warned that officials may need to strictly enforce an army-imposed law that prohibits people from demonstrating against the coup.

Hinting that the army was

ready to cast off restraint, Col. Winthai Suvaree said that in case of clashes in which losses or injuries incur, no compensation can be claimed because the country is under martial law.

"I want fathers, mothers, brothers and sisters to warn their families that there is no benefit in coming out to oppose (the coup)," Winthai told reporters.

On Sunday, protesters against the coup appeared to number as many as 2,000, growing from a few hundred on Friday. **THE ASSOCIATED PRESS**

Military custody

The military has sought to limit the protests by detaining figures who might play leadership roles.

- The junta has defended the detentions of former prime minister Yingluck Shinawatra, most of the deposed government's cabinet, and dozens of politicians and activists.

Exit polls

EU Parliament shifts to the right

Exit polls show the far right and Euroskeptics have made sweeping gains in European Parliament elections, signalling a major political shift toward parties that want to slash the European Union's powers or abolish it altogether.

Polls in recent days had

predicted Euroskeptics could snag as many as a third of the seats in the EU's 751-seat legislature in the vote ending Sunday.

One of the most significant winners appeared to be France's far-right National Front. Two polling companies said Sunday that the party, led by Marine Le Pen, was the outright winner in France with one-quarter of the popular vote.

THE ASSOCIATED PRESS

Egypt

Interim president promises fair election

Egypt's interim president urged Egyptians on Sunday to come out and vote in this week's presidential election, saying the vote will shape the nation's future.

In a televised address,

Adly Mansour also sought to assure Egyptians that state institutions, including his office, would not interfere in the Monday and Tuesday voting.

"Let us all come out tomorrow and the day after to express our free choice. Choosing, without being guided or dictated to, the person we trust to have the ability to build and run the nation," Mansour said.

THE ASSOCIATED PRESS

Sweden

Feminist party enters EU Parliament

Exit polls by Sweden's public broadcaster SVT shows the country's Feminist Initiative Party entering the European Parliament for the first time.

Poll results from SVT Sunday suggested seven

per cent of Swedes back the feminist party, which wants to boost the rights of women and minorities in the European Union. The party has presented itself as counterweight to EU right-wing movements with the slogan "Replace the racists with feminists!"

The poll showed far-right Sweden democrats with seven per cent support compared to 3.3 per cent in 2009. **THE ASSOCIATED PRESS**

Jamaica

Lobbyists urge government to decriminalize pot

Lobbyists in Jamaica are urging the government to move quickly to decriminalize pot and establish a local medical marijuana industry.

The Cannabis Commercial and Medicinal Research Taskforce organized a three-day conference on marijuana decriminalization with Jamaica's largest university. It ended Saturday.

On Sunday, the lobbyists issued a 12-point roadmap they want the government to follow. They assert Jamaica can significantly benefit from cannabis commercialization.

Pot has been pervasive but outlawed in Jamaica for a century. But with some successes by the legalization movement around the globe, there's a growing push to lift restrictions on the Caribbean island. Some cabinet ministers have publicly taken up the idea, but the government has provided little indication of its thinking on the issue.

THE ASSOCIATED PRESS

Jewish Museum attack. Belgium launches manhunt for suspect

Belgium launched a nationwide hunt Sunday for a lone gunman who walked into the Jewish Museum, unpacked a Kalashnikov rifle, killed four people with a short burst of fire, packed up and briskly walked away.

Saturday's attack led Belgian officials to raise anti-terror measures and increase the protection for Jewish sites for what was widely seen as an anti-Semitic attack. It happened on the eve of Belgium's nationwide election and as voters across the continent picked a new European Parliament.

Video of the attack showed an athletic man with a cap walking with determination into the small Jewish Museum in the swank Sablon area. He quickly carried out what was apparently a preplanned attack. The assault took a minute at most.

The fourth victim died Sun-

day afternoon, according to a government official who asked not to be identified because the news had not yet been officially announced.

No one has claimed responsibility for the killings. Leaders from Belgium and France, Pope Francis, Israeli leader Benjamin Netanyahu and others condemned the cold-blooded attack.

"We call on the whole population to help identify this person," deputy prosecutor Ine Van Wymersch said Sunday before three separate videos and still photos of the attack were posted on the federal police website. None have a clear view of the man's face.

She said the gunman who killed an Israeli tourist couple, a French woman and a Belgian man "probably acted alone, was armed and well prepared."

THE ASSOCIATED PRESS



A boy looks at candles and flowers at the entrance of the Jewish Museum in Brussels, Sunday. YVES LOGGHE/THE ASSOCIATED PRESS



A man holding flowers near a makeshift memorial is seen behind flower-filled bullet holes in the windows of the IV Deli on Sunday in Isla Vista, Calif.

DAVID MCNEW/GETTY IMAGES

Killer blamed women who rejected him

California college rampage. Shooter left six dead and 13 wounded

In YouTube videos and a long written manifesto, Elliot Rodger aired his contempt for everyone from his roommates to the whole human race, reserving special hate for two groups: the women he says kept him a virgin for all of his 22 years, and the men they chose instead.

Authorities said he put that bitterness into action in a stabbing and shooting rampage Friday night across the seaside California college town of Isla Vista that killed two young women and four men, at least half of them students at the University of California, Santa Barbara. Thirteen people were injured.

Rodger then apparently shot and killed himself inside the black BMW he used in the violence, authorities said Saturday.

The rampage played out largely as he laid it out in the public postings, including a YouTube video where he sits in the BMW in sunset light and appears to be acting out

scripted lines and planned laughs.

"I'll take great pleasure in slaughtering all of you," Rodger, the son of a Hollywood director who worked on The Hunger Games, says in the video posted Friday and taken down by YouTube Saturday with a message saying it violated the site's terms of service.

"I don't know why you girls are so repulsed by me," he says in the video, describing his loneliness and frustration at never having had sex with or even kissed a girl. "I am polite. I am the ultimate gentleman. And yet, you girls never give me a chance. I don't know why."

Of the men he sees as rivals, he said: "I deserve girls much more than all those slob," and that after his rampage "you will finally see that I am, in truth, the superior one, the true alpha male."

Sheriff Bill Brown, appearing on CNN on Sunday, said that investigators are tying up a few ends, but "for the most part, I think, we have a pretty clear picture of what happened."

The first three killed Friday were male stabbing victims in Rodger's own apartment whose names have not been released, Brown said

Saturday.

Then, at about 9:30 p.m., the citywide shooting and vehicle-ramming rampage began.

His first stop was the Alpha Phi sorority, which he had called "the hottest sorority of UCSB."

"I know exactly where their house is and I've sat outside it in my car to stalk them many times," Rodger wrote in his extensive manifesto titled My Twisted World.

No one answered the door after one to two minutes of aggressive pounding, but he soon shot three women who were standing nearby, killing two of them, 19-year-old Veronika Weiss and 22-year-old Katherine Cooper.

He then drove to a deli where he walked inside and shot and killed another UC Santa Barbara student, 20-year-old Christopher Michaels-Martinez, the sheriff said.

"Chris was a really great kid," Michaels-Martinez's father said at a news conference where he choked back tears and eventually collapsed to his knees in agony. "Ask anyone who knew him. His death has left our family lost and broken."

Michaels-Martinez was the last one killed, but the

rampage would continue as Rodger drove across Isla Vista, shooting at some and running down others with his car, twice exchanging gunfire with deputies. He was shot in the hip, but the gunshot to the head that killed him was thought to be self-inflicted, Brown said.

Thirteen people were injured, eight from gunshot wounds, four from the vehicle and one whose origin wasn't clear. Just four of the injuries were considered serious. Brown told CNN on Sunday that investigators were still finalizing next-of-kin notifications and positive identifications.

Deputies found three semi-automatic handguns with 400 unspent rounds in his black BMW. All were purchased legally.

THE ASSOCIATED PRESS

Police warned: Lawyer

According to the Rodgers' lawyer, the family warned the police about the videos. Deputies visited Rodger last month after being alerted by local health officials, who had been in touch with the family. They concluded he posed no threat.

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Pope expresses solidarity with Palestinians

Holy Land pilgrimage.

'I am with you,' Pope Francis told children at Dheisheh refugee camp in Bethlehem

Pope Francis delivered a powerful boost of support to the Palestinians during a Holy Land pilgrimage Sunday, repeatedly backing their statehood aspirations, praying solemnly at Israel's controversial separation barrier and calling the stalemate in peace efforts "unacceptable."

In an unscripted move, Francis arranged a meeting between the Israeli and Palestinian presidents at the Vatican next month. The meeting, while largely symbolic, shows how the Pope has sought to



Pope Francis arrives to meet children in the Dheisheh refugee camp, near the town of Bethlehem, on Sunday.
VINCENZO PINTO/THE ASSOCIATED PRESS

the birthplace of Christianity, before heading to Israel for the final leg of his visit.

While Francis mingled warmly with his Israeli hosts, his trip to Bethlehem included the day's most powerful images as he expressed sympathy and solidarity with the Palestinians.

"I am with you," he told a group of Palestinian children at a stop in Bethlehem's Dheisheh refugee camp.

Even the Pope's arrival in Bethlehem — by helicopter straight from Jordan — carried important symbolic significance. Past papal visits to the West Bank have come through Israel, which captured the territory in the 1967 Mideast war.

transform his immensely popular appeal into a moral force for peace.

On the second day of a three-day swing through the region, the Pope arrived in Bethlehem,

Jubilant Palestinians cheered Francis as he arrived in Bethlehem's Manger Square, shouting "Viva al-Ba-ba!" or "Long live the pope!"

THE ASSOCIATED PRESS

Poland

The general in tinted glasses dies

Poland's last communist leader, the general in tinted glasses, died Sunday at age 90 after a long struggle with cancer.

Born into a patriotic and Catholic Polish milieu, Gen. Wojciech Jaruzelski and his family were deported to Siberia by the Red Army during the Second World War. Despite his suffering at Soviet hands, Jaruzelski faithfully imposed Moscow's will on his subjugated nation until communism crumbled across the region in 1989. Poland is deeply divided over whether to view Jaruzelski as a traitor or as a patriot who made an agonizing decision to spare the country the bloodshed of a Soviet invasion.

Jaruzelski stirs up these emotions for his defining act: his 1981 imposition of martial law, a harsh crackdown aimed at crushing the pro-democracy Solidarity movement founded earlier by Lech Walesa.

"Those times were complicated; I'm leaving the assessment to God," Walesa said. THE ASSOCIATED PRESS



Shark fishing in Indonesia

A worker weighs a shark in Banyuwangi, Indonesia, on Sunday. Indonesia has become one of the major exporters of meat and shark fins in the world. The Indonesian government is tightening regulations for the fishing of sharks and manta rays, which are now included in the Convention on International Trade in Endangered Species. ROBERTUS PUDIYANTO/GETTY IMAGES

The right to be forgotten vs. the First Amendment

Privacy. An American is pinning the recent court ruling on search-engine results on 'prissy European sensibilities'

Europe's moves to rein in Google — including a court ruling this month ordering the search giant to give people a say in what pops up when someone searches their name — may be seen in Brussels as striking a blow for the little guy.

But across the Atlantic, the idea that users should be able to edit Google search results in the name of privacy is being slammed as weird and difficult to enforce at best and a crackdown on free speech at worst.

"Americans will find their searches bowdlerized by prissy European sensibilities," said Stewart Baker, former assistant secretary for policy at



Europeans and Americans are facing off over a ruling on what pops up when your name is searched. THE ASSOCIATED PRESS FILE

the U.S. Department of Homeland Security. "We'll be the big losers. The big winners will be French ministers who want the right to have their last mistress forgotten."

Mountain View, Calif.

based Google says it's still figuring out how to comply with the European Court of Justice's May 13 ruling, which says the company must respond to complaints about private information that turns

up in searches. Google must then decide whether the public's right to be able to find the information outweighs an individual's right to control it — with preference given to the individual. THE ASSOCIATED PRESS

Hot topic. Kid-friendly brands fuming mad about e-cigarette flavours

Owners of brands geared toward children of all ages are battling to keep notable names like Thin Mint, Tootsie Roll and Cinnamon Toast Crunch off the flavoured nicotine used in electronic cigarettes.

General Mills Inc., the Girl Scouts of the USA and Tootsie Roll Industries Inc. are among several companies that have sent cease-and-desist letters to makers of the liquid nicotine demanding they stop using the brands and may take further legal action if necessary. They want to make sure their brands aren't being used to sell

an addictive drug or make it appealing to children.

The actions highlight the debate about the array of flavours available for the battery-powered devices that heat a liquid nicotine solution, creating vapour that users inhale. The Food and Drug Administration last month proposed regulating electronic cigarettes but didn't immediately ban on fruit or candy flavours, which are barred for use in regular cigarettes because of the worry that the flavours are used to appeal to children.

THE ASSOCIATED PRESS

'Reducing bureaucracy'

Rogers cutting corner-office fat

There will be some reductions in the management ranks at Rogers Communications Inc. and a new focus on agility but no large-scale reductions are planned, the company's

new chief executive says.

Rogers president and CEO Guy Laurence spent Friday telling the company's workforce and reporters Rogers will untangle organizational structure that he likened to a bowl of "cold spaghetti" so it can be better at meeting the needs of customers.

THE CANADIAN PRESS

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YOU DECIDE WHAT THE 'NEWS' IS

Last week there was a story about a woman who was charged with a DUI in the Bracebridge area while driving Toronto Mayor Rob Ford's SUV.

The media pounced.

Rob Ford wasn't charged with impaired driving. Nor was he even in the vehicle. Yet plenty of media outlets used resources to cover the story.

Thousands of people are charged with DUI offences every day, though few of them make the news. Was it news simply because it was Ford's SUV?

Is everything involving Ford news? A lot of media outlets think so. Too many, if you ask me.

And it certainly begs the question: What is "news," anyway?

Is it news if it's on TV or in a newspaper?

Does the media choose the most important stories to cover in an effort to educate and inform the public? Too often, the answer is no.



URBAN COMPASS
Todd Devlin

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The news business is, after all, a business. And, like all businesses, its goal is to maximize profits. Decisions, including editorial ones, are made with profits in mind. So is it any surprise that the news sometimes seems more like entertainment?

Sensationalism is rampant in today's media environment and not only at "second-rate" media outlets.

What about celebrity "news"? Do those words belong together? More and more reputable news organizations are spending time covering stories that should be left to Entertainment Tonight or TMZ. Quite frankly, every non-sense run-in Justin Bieber has with police isn't even interesting, much less does it qualify as "news."

So again, what is news? It's not just the stories we digest from the media on a day-to-day basis.

To be fair, it's impossible for an editorial decision-maker to

You tell us

- Is a woman driving RoFo's car charged with a DUI real news? Is celebrity news real news? What's real news to you? Send @themetrolondon a tweet with the hashtag #realnews and let us know what you think is fit to print.

* Reminder: The opinions in this column do not necessarily reflect those of Metro News.

include everything. There's simply too much happening in the world. But far too often, the decision-makers are failing us.

So who, then, should decide what is news and what is important? You should. It takes a bit of effort, sure, but if you want to stay informed about the important issues of the day, do your own research. In other words, take things into your own hands to make sense of your world. Sometimes, the old adage is true: If you want something done right, do it yourself.

ZOOM

Glacier recedes at unglacial pace



The Athabasca glacier, part of the Columbia Icefields in Jasper National Park, Alta., is seen in moonlight during a long exposure this May. JEFF MCINTOSH/THE CANADIAN PRESS

'Astonishing' rate of more than five metres a year

What's believed to be the most-visited glacier in North America is losing more than five metres of ice every year and is in danger of completely disappearing within a generation, says a Parks Canada manager.

The Athabasca Glacier is the largest of six ice sheets that form part of the Columbia Icefield in Jasper National Park.

THE CANADIAN PRESS

Passage of time leaves its mark

While it receives about seven metres of snowfall annually, the glacier has been slowly shrinking for about 150 years.

"It's astonishing," said John Wilmhurst, Jasper National Park's resource conservation manager.

The passage of time is clearly visible at the ice sheet's base. Markers dating back as early as 1890 show the toe of the Athabasca Glacier has retreated 1.5 kilometres, leaving a moonscape of gravel and rock behind. THE CANADIAN PRESS

Climate change

A recent American state-of-the-union report has singled out the rapid melt of glaciers in British Columbia and Alaska as a major climate change issue, saying they are "shrinking substantially."

- "I think long term it's not good news at all," said Wilmhurst. "Absolutely the glacier will be gone. Not within my lifetime, probably, but maybe within my children's lifetime."

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Worth mentioning. PetMatch app aims to be a man's best friend

New phone app helps you find your perfect match ... if you're looking for a cat or dog, that is. The PetMatch app allows users to upload an image of a cute critter and then searches its database of animals that are almost identical, and up for adoption. The gizmo, launched by California startup Superfish, uses techy algorithms and patented image recognition technology to plot key characteristics (eyes, mouth and colour) to speed up the search process. Metro chats to co-founder Adi Pinhas about why pictures are worth a thousand words.

Did you start PetMatch because you needed to replace a dead pet?

(Laughs) No, it wasn't for that reason. We started with animals because it's a great-news case study for a visual search. It demonstrates the technology in a way that shows that visual searches can be more fun and efficient than text searches. Rarely you know the name of a breed's name or how to search for it, so this app does the hard bit for you.

What else can you match up?

It can do lots of neat stuff. People are taking images of desserts in a restaurant and we can show them restaurants that are selling similar desserts. If you take a picture of a chair or piece of furniture, you can find a similar

style through the app.

Are you just trying to make life easier for people?

Yes, we are looking and we're thinking how can we make the camera a lot smarter. If someone wants a handbag or want to know the name of a flower, they can take a pic and find out its name and where it is available.

People will have to think less ...

Well, it's easier for you to connect with the world around you. Instead of opening Google and using keywords, you can take a pic. Why try to do it in keywords when you have a picture?

EDWARD THOMPSON/
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@RealKrisAbel
scene@metronews.ca

A mind-blowing, definitive look at Mozart's music and genius, this ebook is astonishingly alive with sheet music, letters, paintings, timelines, and child prodigy performances. Seven leading scholars showcase his pianos and violins, his travels and influences, his family relationships and childish glee for "lavatory humour." There are hours of music, discussion, and short films, all so very humbling, surprising, and beautiful.

Box office

Newest X-Men opens strong

Fox-Marvel's X-Men: Days of Future Past debuted with \$91 million at the box office, beating last weekend's No. 1 hit, the Warner Bros. sci-fi adventure Godzilla, which earned \$31.4 million in its second weekend, according to studio estimates.

Days of Future Past is the second-highest opener in the X-Men franchise.

THE ASSOCIATED PRESS

Young Canadian wows Cannes jury

Jury Prize. Xavier Dolan shares festival prize with legendary French filmmaker

Canadian director Xavier Dolan won the Jury Prize for his film *Mommy* at the Cannes Film Festival Saturday, sharing the honour with French filmmaker Jean-Luc Godard.

Dolan's film is a highly emotional drama starring Anne Dorval as the determined single mother of a violent and agitated 15-year-old son (Antoine-Olivier Pilon).

There were high hopes that Dolan would win the festival's top award, the prestigious Palme d'Or, but that honour went to the Turkish drama *Winter Sleep*.

Dolan so was moved that he shared his prize with Godard, the 83-year-old film icon.

"What's beautiful in sharing a prize with Godard is that he, in a different era, tried to reinvent cinema and I like to think that we are in a moment where cinema is going in a different direction and I would be happy to be part of that."

Dolan, 25, was the youngest director at the festival, while Godard (*Goodbye to Language*), 83, was the oldest.

Dolan was very emotional when he went on stage, having to interrupt his speech a few times to regain his composure.

"The emotion that is sweeping over me as I think



Montreal-born filmmaker Xavier Dolan THE ASSOCIATED PRESS

of this mythical room is overwhelming," he said.

"I am lost in gratitude thinking of the recognition of the jury, the love we have felt over the last week, which has made me realize that we do this job to love and be loved in return."

He also seized the opportunity to urge his peers, in

terms of age, to think big.

"There are no limits to our ambitions, other than those we impose upon ourselves and those that others impose upon us. Everything is possible for those who dream, who dare, who work and who never give up."

Telefilm Canada executive director Carole Brabant

Cannes

Saturday's 67th Cannes Film Festival's other big winners:

- Palme d'Or: *Winter Sleep*, Nuri Bilge Ceylan
- Best Director: Bennett Miller, *Foxcatcher*
- Best Actor: Timothy Spall in *Mr. Turner*
- Best Screenplay: Andrei Zvyagintsev and Oleg Negin for *Leviathan*

, issued a statement congratulating Dolan for winning the award.

Dolan is no stranger to the Cannes festival.

In 2009 he made a splash with his directorial debut, *I Killed My Mother*, written when he was just 17. The film — a semi-autobiographical story about a boy discovering his homosexuality and battling with his mother — reportedly earned an eight-minute standing ovation at the festival and ultimately won three awards in the Director's Fortnight program.

Dolan's list of films also include *Heartbeats* (*Les Amours Imaginaires*) (2010); *Laurence Anyways* (2012) and *Tom at the Farm* (*Tom à la ferme*) (2013).

The Montreal-born filmmaker began acting in commercials at age four, appeared in the TV movie *Misericorde* in 1994, and the divisive 2008 horror film *Martyrs* in 2008.

THE ASSOCIATED PRESS WITH FILES FROM TORSTAR NEWS SERVICE

Julianne Moore wins Best Actress for Cronenberg satire



Julianne Moore GETTY IMAGES

Julianne Moore won the best actress prize at the 67th Cannes Film Festival Saturday for her role as a shallow starlet in Canadian director David Cronenberg's biting Hollywood satire *Maps to the Stars*.

In the film, the 53-year-old redhead plays an aging actress feeling increasingly sidelined by an industry obsessed with youth.

When the young son of a rival for a new film role

is killed in a freak drowning accident, Moore does a dance of joy that remained one of the enduring shocks of this year's festival.

"Vive Los Angeles, vive David Cronenberg, vive Julie Moore et vive la France," the film's screenwriter, Bruce Wagner, said as he picked up the trophy for Moore, who was not in Cannes.

Moore has played everything from a porn star to

an FBI agent in her 20-year film career, a career that has already brought four Oscar nominations, two Golden Globes and a Prime-time Emmy to her name.

Her best-known films include 1998's *The Big Lebowski*, *Crazy Stupid Love* (2011) as well as *The Hours* and *Far From Heaven*, both from 2002.

Those last two helped her join the elite club of actors to score two Oscar

nominations for different films in the same year. She also scored Academy Award nods for *Boogie Nights* (1997) and *The End of the Affair* (1999).

Moore won a Golden Globe and an Emmy for portraying Sarah Palin in 2012's *Game Change*, about Republican John McCain's doomed 2008 White House run with the former Alaska governor as his gaffe-prone running mate. AFP

2 SCENE



Kim Kardashian and Kanye West GETTY IMAGES

Kanye leaves wedding guests in altar-ed state with grandiose speech

Quick: Try to think of the longest, most rambling wedding reception speech you've ever had to endure. Well, the one Kanye West gave this weekend might have been longer and ramblier.

As the whole world knows, the rapper married reality star Kim Kardashian on Saturday at Fort Belvedere in Florence. And according to E! Online, he followed that up by giving a 20-minute speech to the assembled horde of celebrity guests, in which he called the Kardashian family an "industry" and "the most remarkable people of our time" who can "make the

world a better place." West "went on and on about the culture of being in the lime-light and that all the spoofing and tabloid covers don't get him or the Kardashian family down. 'I am defined by being a celebrity ... the world is our altar,' he announced to a cheering room. 'We are not stupid!'"

The site also reported that West "got very heated during certain parts of his speech, but he also had very sweet things to say about his new bride. He called her the 'ideal celebrity' and the 'ideal art,' and he gushed about spending 'every day of my life with Kim.'"



Prince Harry GETTY IMAGES

Like a pup without a Bonas, Harry go-goes the night away with dancer

Prince Harry seems to be taking his breakup from Cressida Bonas pretty well. The redheaded Royal reportedly partied until the early hours recently at London's Chakana Club with 20-year-old go-go dancer Paige Collins, according to the Sun. A source tells the newspaper that "she caught Harry's eye" after he and some pals showed up at

the venue, and the pair proceeded to down vodka shots and dance the night away until nearly 3 a.m. Collins herself confirmed the late-night fun via Twitter. "So not every day you get to dance and have vodka shots with Prince Harry," she posted. "He's the most down to earth man considering he's still a prince."

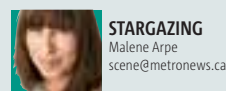
METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word



It's Twilights out for 'too old' Pattinson

STARGAZING
Malene Arpe
scene@metronews.ca

Robert Pattinson says that "I couldn't do another Twilight movie. I'm too old" Other reasons he couldn't do another Twilight movie: 1) It would have to involve what's-her-cursed-cheating-name. 2) Those movies are worse than fried liver. 3) He'd rather stab himself in the face with a rusty screwdriver.

Peter Dinklage sums up Game of Thrones thusly: "Sexy sexy sexy, stabby stabby stabby, beautiful language" That's about right, except that he forgot "Hodor, Hodor, wall, Hound, poison, dragon, dragon, dragon."

This week in unfortunate levels of intoxication 1) Justin Bieber is reportedly

finished drinking codeine-laced sizzurp because he's "obsessed with working out and it's just really hard to do when you're high." 2) Channing Tatum describes himself a "functioning alcoholic." 3) A Tennessee man is arrested after he tried to have sex with an ATM and a wooden picnic table at a local bar. 4) Women are getting plastic surgery on their hands so their engagement ring selfies will look better.

Jessica Simpson becomes a spokesperson for ClearBlue pregnancy tests Jessica's boyfriend and Weight Watchers file a joint emergency injunction.

Paris Hilton says she left Justin Bieber's Cannes party early because he only played his own music Also: Zero sizzurp.

Gwyneth Paltrow and Chris Martin are still living together even though they've consciously uncoupled Awww ... that's so civilized and wonderful and gives hope to everyone terrified they'd inadvertently end up in a relationship with Gwyneth Paltrow.



Eva Mendes GETTY IMAGES

Unhappily Eva after she loses role to Chastain

Eva Mendes is apparently bitter rivals with Oscar nominee Jessica Chastain — even if Chastain is completely unaware of it. Mendes "feels an intense, one-sided rivalry that stems from when she lost out to Jessica for the role of Maya in Zero Dark Thirty," a source tells Radar Online. "Eva desperately wanted to be considered for the part, as she's tired of being typecast as a love interest and wants to be a leading lady." Complicating matters is the fact that the actresses reportedly share

a talent agent. "Their agent is caught in the middle and is trying hard to keep them apart and on different career tracks, but Eva's declaration that she wants to audition for the same roles has made things all the more complicated. Eva has informed her that any role Jessica goes up for, she wants to audition for as well," the source says. "Jessica's pretty much in the dark about it, but it's only a matter of time before she hears that Eva's reading for the same parts."

Did she use Hermione's Time Turner? Busy Emma Watson graduates

It's graduation day for movie star Emma Watson.

The British actress best known as Hermione Granger in the Harry Potter movies was among 2,000 graduates receiving degrees Sunday from Brown University. She tweeted a photo of herself in cap and gown.

Watson graduated with a bachelor's degree in English literature from the Ivy League university in Rhode Island.

The 24-year-old started at Brown in 2009, the same year she was named the highest-grossing actress of the decade by the Guinness Book of World Records.



Emma Watson TWITTER

Watson had a busy film career during her time as a student, releasing both parts of Harry Potter and the Deathly Hallows, The Perks of Being a Wallflower, This is the End, and the recent Biblical epic Noah. THE ASSOCIATED PRESS

Twitter



@JuddApatow

Waking up in a wide eyes panic at 2 30am creates so many opportunities to watch TheAmericans, eat unnecessarily or stare at wall in dread.



@carrieunderwood

Well, it's not every day @mirandalambert buys you a motorcycle! Next stop, motorcycle driving lessons!!!



@Sethrogen

I've never disliked a movie that has a scene where someone jumps down a laundry shoot.

Six signs you're a shopaholic

Spending like a drunken sailor?

Figure out how to say bye-bye to buy-buy binges



GAIL VAZ-OXLADE
Gail blogs daily at gailvazoxlade.com

If I had a nickel for every email I got from people telling me that they think they might be a shopaholic, I could buy ... well, I'd save the money, actually. It seems that the Buying Bug has become a social disease. So how do you know if you've been bitten? Here are six clues:

1. You have *all* the toys. You may not be in the red, but your closet is jammed to the rafters with stuff. Chronic spending is often unconscious spending, so you may not even know you're doing it. Take a look around. Do you seem to have a version of every popular trend? Is your home stuffed to the rafters? Are there things you've bought that are still in the box or hanging in your closet with the tags on?

2. You're sure shopping will cure what ails you. Emotional shoppers turn to the high they derive from spending money to compensate from the low they're feeling in their lives. I hate to burst your bubble, but shopping isn't going to make up for a crappy childhood. Nor will it cure an unhappy career, a



Bagged again? Perhaps it's time to give shopping the sack. ISTOCK

disintegrating relationship or anything else that ails you emotionally. If you're buying to feel better, you're spending for the wrong reasons.

3. Your favourite phrase is "Oh, why not?" All of us fall prey to impulse shopping from time to time. But when "Oh, why not?" comes out of your mouth more than once or twice a year, you've got an impulse control problem. The problem for people who can't curb their desire for immediate gratification is that they're not prioritizing. They've lost (or never had) the ability to figure out if they can do without, so they're living in debt or, worse, a centi-

metre away from destitution.

4. Spending makes you feel rich. You like showing off that you've got money to spend. As counterintuitive as it may seem, some people become chronic spenders out of a fear of poverty. It can be a self-esteem thing, too. If you have a trophy kitchen but you're not cooking, take it as a sign.

5. Don't worry, be happy. You don't like to think about money. So you don't. You never bother to check your receipts. You don't keep a running balance of what you've spent. You just go blissfully along, running up a

new credit card balance. Even if you pay it off faithfully, you're luckier than you are smart.

6. A \$5,000 credit limit means you have \$5,000 to spend. Not to put too fine a point on it, but your credit limit is not actually money in your pocket. When you shop on credit and don't pay your balance off in full, you're spending money you have yet to earn. What will you do if you suffer a reversal of fortune, e.g., get sick, lose some hours at work, or get laid off? If your credit card balance runs close to your credit limit every month, consider yourself a chronic spender.

5 steps to recovery

If you think you might have a serious shopping problem, try the following:

- **Figure out your buying patterns.** Take an inventory of what you own. If you have 30 pairs of shoes, only five of which you wear regularly, steer clear of shoe stores.
- **Quell the urge.** Take 24 hours and postpone buying what you think you want.
- **Cut back.** If you always buy two or three, buy only one.
- **Simplify.** Buy only the basic necessities such as food and transportation and keep track of every penny you spend.
- **Quit cold turkey.** Throw your credit cards behind the refrigerator and pay for everything with cash. Hey, that debit card is cheating!

As a society, we already have way more stuff than our parents. Do we really need more? At some point we've got to move back to the idea that acquisition of stuff should fulfil our needs, not make us work longer and longer hours to accumulate things we don't even have time to use.

WANT TO BE SMARTER ABOUT YOUR MONEY? GO TO MYMONEYMYCHOICES.COM AND FOLLOW THE ROADMAP TO SUCCESS.

Keep the little sprouts on veg



Want your Sweet Pea to eat her spinach and all the other veggies that are good for her? Don't tell her it will make her as strong as Popeye. ISTOCK

A recent study led by Dr. Ayelet Fishbach of the University of Chicago's Booth School of Business indicates that children who are told certain foods will make them stronger, smarter or taller are less likely to want to eat them.

"We propose that young children infer from messages on food instrumentality that if a certain food is good for one goal, it cannot be a good means to achieve another goal," Fishbach explains in an article slated for publication in the October 2014 issue of the *Journal of Consumer Research*.

"As such, if food is presented as making them strong ... these children will conclude

the food is not as tasty, and will therefore consume less of it."

In short, the study concludes that the best way to foster healthy eating habits in young children is to avoid telling them how fruits and vegetables will make them stronger, taller or smarter.

To reach these findings, researchers carried out five experiments on a sample population of 270 preschool-aged children (ages three to five). The study found that children ate more of a food when it was presented without commentary or when it was presented simply as tasty, without any indication of its "usefulness."

AFP

Turn over healthy leaf

- Meanwhile, a separate study published last year in the journal *Psychological Science* found that teaching kids about nutrition through books could boost their vegetable intake.
- Scientists from Stanford University found even very young children, aged four and five, could benefit from a conceptual framework that encourages them to understand why eating a variety of foods is healthy, the researchers said.
- Over time, kids chose to eat more vegetables.

3
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Money 101. Two couples, one year to make them richer

Halfway to accomplishing their goals



Since January I have been working to improve the finances of two Canadian couples. By focusing on growing their net worth, we have tackled debt, bought a home, prepared for the arrival of a new baby and started preparing for the long term — eventual retirement. Follow along every month as we examine each couple's bank accounts, work through any challenges they face, and celebrate all of their financial accomplishments along the way. — Lesley-Anne Scorgie/For Metro



Anne-Marie and Peter are eagerly anticipating the birth of their baby. SHUTTERSTOCK

Anne-Marie and Peter

With two weeks left before their baby arrives, Anne-Marie and Peter have raced toward firming up their insurance coverage, finishing their nursery and putting the final touches on their maternity-leave budget.

With feelings of parental protection kicking in, Anne-Marie and Peter have amped up Anne-Marie's insurance policy provided through her employer and completed their wills. Both acts will provide extra security for their growing family.

Anne-Marie now has three times her basic salary in a death benefit, approximately \$200,000. She also signed up for \$500,000 in accidental death and dismemberment insurance and dependent life insurance, which gives \$15,000 for Peter and \$7,500 for their child, should either pass away. Her new insurance plan costs \$35 per month.

Peter's employer offers minimal life and accident insurance, so he is seeking term life coverage — "use-it-or-lose-it" insurance — through an independent provider.

The couple will consider a whole-life policy, one where your beneficiaries are guaranteed a payout, in a few years. Currently, those poli-

Anne-Marie and Peter recap

- Location: Toronto
- Ages: 37 and 33
- Occupations: Broadcasting and sports editing.
- Total household income: \$110,000.
- Life stage: Expecting their first child in June.
- Financial savvy: Medium — they use budgets to help guide spending, have some retirement savings, and are committed to paying off debt.
- Top goals for 2014: Pay off debt, start a savings program for child's education and down payment on first home.
- Current net worth: \$86,000
- Homework from May: Finalize their wills, research investments for their RRSPs and confirm freelance work opportunities for Peter.

cies are too expensive.

The couple is focused on improving their RRSPs, and is researching their mutual funds. Reviewing their current portfolio revealed that although Anne-Marie and Peter are balanced medium-risk investors, they are currently invested in a low-risk portfolio, with only one year of performance history. So they are exploring opportunities to transition into a balanced mutual fund portfolio containing a blend of bonds and blue-chip stocks with more than 10 years performance history. Though past performance isn't indicative of future performance,

it provides insight into how the mutual fund has been managed in the past.

Peter is in the process of confirming his freelance opportunity valued at approximately \$18,000. These funds would eliminate the couple's debts.

Homework:

Anne-Marie and Peter will focus on selecting new investments, welcoming their baby, applying for a social insurance number for the baby, and setting up their child's registered education savings plan.

THE NAMES OF BOTH COUPLES HAVE BEEN CHANGED TO PROTECT THEIR PRIVACY.



Do-it-yourself home improvements, such as painting, will save Carolina and Jose some money. SHUTTERSTOCK

Carolina and Jose

Caroline and Jose became homeowners in May.

After searching unsuccessfully, being outbid by other buyers and fighting the temptation to compromise on their wish list, the couple finally found a suburban townhome that meets the needs of their growing family — and still meets their budget constraints.

The townhome is well located near schools and transit, which will ease Jose's commute to work and reduce Carolina's time in the car driving their girls to and from various activities.

Though the townhome needs a little work, I have provided Jose and Carolina with a list of low-cost, high-impact home improvements that they can start to tackle themselves, like painting, changing knobs and making small repairs rather than replacing larger items like their furnace.

The final purchase price on the property was \$250,000. Jose's parents gave them \$25,000 for the down payment. On the recommendation of their mortgage broker, Jose and Carolina used part of the down payment to pay off their mini-van loan, and, using the remaining funds, secured a 25-year fixed-rate mortgage with a five-year

Carolina and Peter recap

- Location: Calgary
- Ages: 33 and 31
- Occupations: Stay-at-home mom and roofing.
- Total household income: \$62,000.
- Life stage: Three daughters ages six, three and one.
- Financial savvy: Medium to low — they recently established a budget, are very frugal spenders, have no retirement savings, and are committed to paying off debt.
- Top goals for 2014: Pay off debt, buy a house and visit family.
- Current net worth: Minus \$7,000
- Homework from May: File their taxes, create a plan for their tax return and look for a home.

term at approximately three per cent interest.

This decision reduced their overall interest expenses, and allowed them to qualify for a more suitable mortgage.

The couple's concerns over closing costs, which are typically one to two per cent of the home's value, have been tempered through Jose's recent job promotion and raise, insurance savings by eliminating the mini-van loan and receiving a healthy tax return.

Homework:

The focus for Carolina and Jose throughout June is to pack up and move into their

new home as efficiently and affordably as possible — leaning on friends and family for support — while continuing to maintain their household budget, which is officially in the black. To build on the couple's financial momentum, primarily resulting from the gift of the down payment, they will also begin the process of creating a plan to officially move their net worth into a positive position by the end of the year.

LESLEY-ANNE SCORGIE IS A COLUMNIST WITH METRO, FINANCIAL COACH AND BESTSELLING AUTHOR. SHE RELEASED HER LATEST BESTSELLER, WELL-HEELED, IN APRIL.

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Round out shrimp's sweetness with an apricot glaze and hoisin sauce



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FLASH FOOD



From your fridge
to your table in
30 minutes or less

A skewered shrimp kebob is a great appetizer or main course, especially when served over top a bed of tender spaghetti.

The combination of apricot preserves and hoisin sauce in this Apricot Glazed Shrimp Skewers and Spaghetti recipe goes well with the sweetness of the shrimp.

Shrimp are a low-fat and low-calorie protein source. A four-ounce serving has only 120 calories and two grams of fat and contains about one third your daily protein intake.

Shrimp are also an excellent source of selenium and vitamin B12.

You can also use a variety of fish such as scallops, or a firm white fish such as swordfish, cod or halibut.

In terms of good quality pasta, Catelli has launched a preservative-free whole-wheat pasta with only wheat as the ingredient.

If you're using wooden skewers, soak in water for 20 minutes before grilling to prevent the wood from burning.

Directions

1. Thread the 16 medium,

peeled and deveined shrimp onto the skewers.

2. Combine the apricot jam, oyster and hoisin

sauce in a small bowl. Stir well and set aside half of

the sauce. Brush the other half over the shrimp.



This Apricot Glazed Shrimp Skewers and Spaghetti recipe makes 16 skewers. ROSE REISMAN

TOTAL TIME
ABOUT 20
MINUTES

Ingredients

- 16 medium shrimp (about 12 oz), peeled and deveined
- 16 wooden skewers (about 6 inches long)
- 1/4 cup apricot jam
- 1 tbsp oyster sauce
- 3 tbsp hoisin sauce
- 3 tbsp chopped fresh basil
- 4 oz whole wheat spaghetti
- 2 tsp sesame oil

Nutritional information

Per serving (four skewers)

- **Calories.** 263.5
- **Carbohydrates.** 40.7 g
- **Fibre.** 5.6 g
- **Protein.** 20 g
- **Total fat.** 3.1 g
- **Saturated fat.** .8 g
- **Cholesterol.** 128 mg
- **Sodium.** 376 mg

3. In the meantime, cook the pasta in boiling water just until tender, approximately 5 minutes. Drain well, add sesame oil and put on a serving plate.

4. In a grill pan or a skillet lightly coated with cooking spray, sauté the shrimp, just until they are no longer pink, about 5 minutes. Serve over top of the pasta, drizzle with the remaining sauce and garnish with basil.

Layer, dip and then repeat

Everyone loves the cuisine of the Southwest. Burritos, tortillas, quesadillas, guacamole, beans and cheese now make up much of our Canadian food landscape. I created a mini

shot glass dip using many of these flavours. You can serve these as an appetizer or part of a Tex-Mex meal.

If you don't want individual glasses, feel free to add the

individual ingredients together and place in a larger serving bowl to be shared by all.

You can also add your own ingredients such as diced olives, tomato salsa and even ground sautéed beef, or cooked shredded chicken.

I like to serve these with baked tortilla crisps that you can easily make on your own.

Rather than using the packaged deep fried versions, just take a tortilla cut into eight triangles and brush or spray with a little oil and sprinkle with a little garlic



This Southwest Layered Dip recipe serves eight. ROSE REISMAN

powder, salt, pepper and a hint of cayenne. Bake at 400 F just until crisp, about five to eight minutes.

1. Layer each shot glass with ingredients starting with refried beans and ending with the black beans.

2. You can serve room temperature or chilled with tortilla chips or sliced vegetables.

ROSE REISMAN

Ingredients

- 8 (3 oz) small glasses (shot glass size)
- 1/2 cup refried canned beans
- 1/2 cup light sour cream
- 1/2 cup mashed ripe avocado (approx. 1 small)

- 1/2 cup shredded cheddar cheese
- 1/2 cup diced seedless tomato
- 1/4 cup canned black beans

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METRO-FP-MB-M26

Professor, please give me a positive plug

Academic references.

When you need your teacher to vouch for you, make sure you reach out with respect

LAKSHMI
GANDHI

Metro World News

Recommendation letters have always been a big part of the graduate school application process. Along with your transcripts, essays and standardized test scores, these letters provide admissions officers a window into your academic interests, job performance, and, ideally, your personality.

Students thinking about applying to graduate programs and fellowships in the fall should start thinking now about which professors they would like to ask to recommend them.

Because writing detailed recommendations can be very time-consuming for faculty members, taking these simple steps can make the entire process go smoother for everyone.



Make it a point to participate in class, as it's a great way to both stand out and allow the professor to get to know you. ISTOCK

process go smoother for everyone.

Ask someone who knows you

"My biggest tip is 'Make sure the professor really knows you,'" said Julie Dodd, a professor in the College of Journalism and Communications at the University of Florida. Dodd often blogs about jobs and internships on her blog Thoughts on Teaching.

"Even if you've been in a small class with a professor, that doesn't mean that they know you," she points out.

It's also a good idea to talk to your professors about your life outside of class.

Don't be shy about inviting a professor to a concert you are performing in or mentioning the play that you are producing.

While they may not be able to come, extending the invite is a great chance to talk about your interests and goals.

Dodd recently recommended a student who had taken a class with her while he was a sophomore, yet made it a point to regularly stop by her office for two years afterwards.

When he asked her for a job recommendation, "I was really invested in him," she said. "I wanted him to get a job."

Ask as early as possible

A good recommendation letter takes time to research and compose, so it's important to be respectful of the faculty member's schedule.

Ask at least a month before your deadline, says Dodd, though earlier is always better. Keep in mind that a lot of other students are also asking for letters and that the deadlines all tend to fall around the same dates.

"Sometimes it's a matter of time," said Dodd of why she sometimes has to turn students away. "They ask you right after another student asks, and you don't have time to do them all."

Please and thank you

Remember that you are asking for a favour

- Writing letters while juggling a teaching schedule and other responsibilities is a time-consuming process.
- Be sure to ask nicely and to send a thank you note when the applications are all in. Also, be sure to let your instructor know which school you selected in the end. Don't leave them wondering.

you would like a recommendation from them specifically. "A key part of this is saying to a teacher why you want a letter from them. Saying something like, 'I think as a student, you really saw me as a writer,'" lets the professor know why you requested them in particular.

Take no for an answer

You want your recommendations to be from people who are enthusiastic about you and your abilities. "Every letter you write is a reflection of you as a recommender," said Dodd, noting that she's also told students who were chronically absent or who missed deadlines exactly why she wasn't able to assist them.

If a professor tells you that they are not the best person to write your letter, believe them and move on.

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'Round the world wisdom

Create your own stimulus response loop



LESSONS FROM
THE DESERT
Stéfán Danis
life@metronews.ca

The severe market crash in October 2008 changed my life. I started running to regain my health, both emotional and physical. Shortly after I took my first steps, I ran the Gobi March in China in June '09, followed by the Atacama Crossing in Chile in '10 and the Sahara Race in Egypt in '11. In this post, I share a lesson about life, learned from the desert.

Wanting, or even needing, to see a challenge through to the end is not always enough to propel us forward. The bigger the challenge, the more difficult it is to find the willpower to stay the course during difficult moments. What can work is to create a rallying symbol that acts as a trigger to refocus when times get tough.

In the Gobi, my trigger

It keeps you runnin'

For my next race, the Atacama Crossing, I knew I needed to give myself constant 24/7 reminders to not let my training slip. If not, my habitual life would simply dwarf the training and I would show up at the starting line under-prepared.

was a song.

I learned that having my song could provide a spark and pick me up when my reserves were running low. I chose It's a Beautiful Day by U2. At my low points, I would listen to it and get moving. It worked when I ran, but once the song ended, I was back to where I started.

For my next race, the Atacama Crossing, I knew I needed to give myself constant 24/7 reminders to not let my training slip. If not, my habitual life would simply dwarf the training and I would show up at the starting line under-prepared.

To do this, I used a mnemonic to instantly be at one with the Atacama.

First, I thought through what my desert experience would mean to me and made it vividly real in my mind. I associated all the positive concepts I could come up with: beauty, adventure, achievement, camaraderie, personal breakthrough, teamwork, health, spirituality, etc.

Visualizing the experience with this overwhelming optimism filled me with energy.

I then associated all of the positive feelings with an object that would symbolize my desert journey. From that moment on, I carried my token Atacama reminder in my pant pocket at all times. I woke up to it, trained with it, went to work with it, and ran the race with it.

When the siren's negative call would come knocking and rear its ugly head, just touching the reminder in my pocket would serve to dissipate the issue.

I had created my own Pavlovian positive stimulus response loop.

STÉFÁN DANIS IS THE CEO OF NEXCAREER AND MANDRAKE, AND THE AUTHOR OF GOBI RUNNER

OHL

Knights sign Nother to contract

The London Knights have announced that their 2014 third-round pick has signed with the team.

Defenceman Tyler Nother, 16, is an Orangeville, Ont., native who had previously committed to Miami University.

He spent last season with the Halton Hurricanes Minor Midget program.

"I decided to come to the London Knights because I feel as though it's the best place for my development as a hockey player and as a person," he said. "It will certainly be a very special moment for myself and my family when I pull on that London Knights jersey for the first time."

The six-foot-three, 172-pounder will report to training camp in August.

METRO

MLB

Verlander can't stop Tigers' skid

Justin Verlander is tinkering away, trying to figure out how to stop this stretch of substandard outings.

"Right now, I'm not in a place where I can repeat my delivery every time, and that's what I need to fix. But I'll get it straightened out," Verlander said.

"It's a rough patch, but this is a great baseball team. That hasn't changed."

Verlander allowed nine runs — six earned — in 5 1/3 innings Sunday, and the Tigers were routed again by the Texas Rangers, 12-4. Detroit has lost six of seven, allowing 57 runs in the process. **THE ASSOCIATED PRESS**

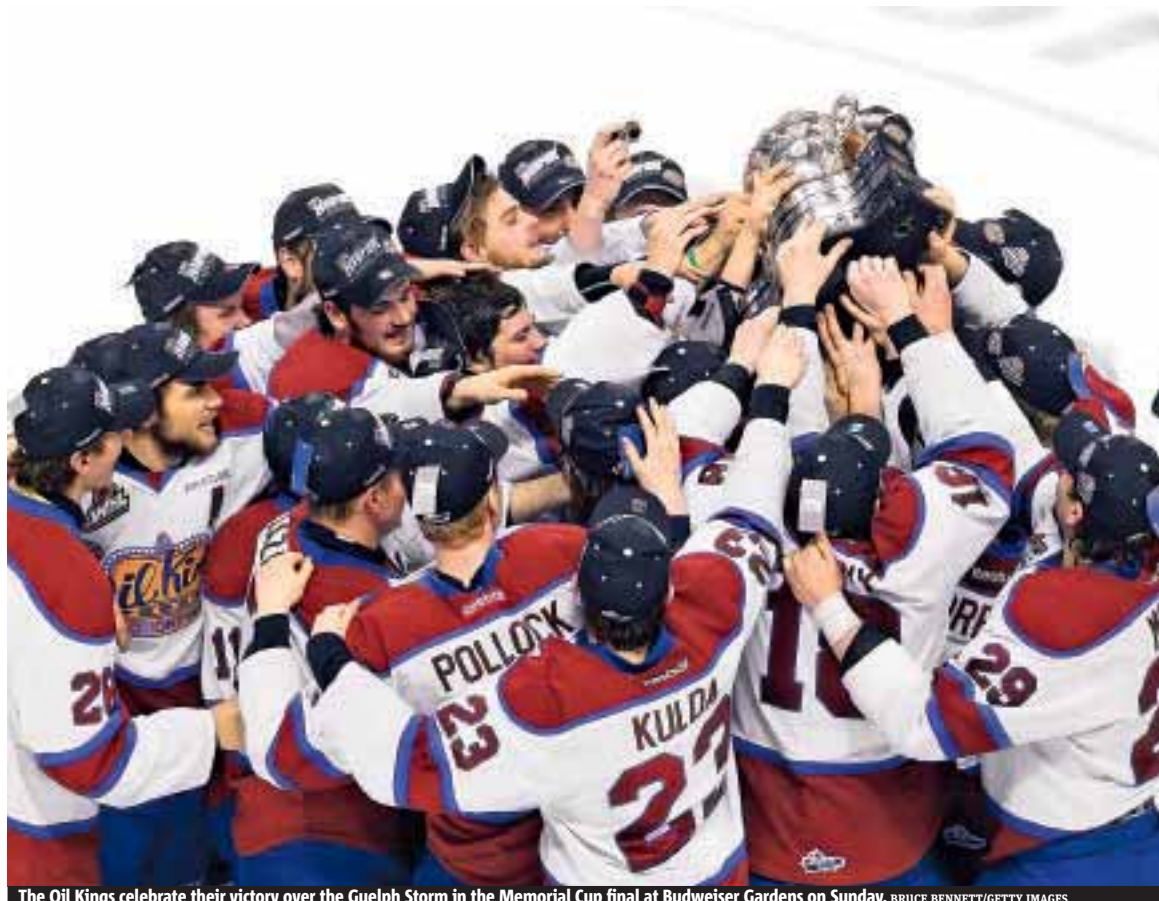
NHL playoffs



"We've got to put our friendship aside, for what, two weeks?"

But I'm sure when everything's done and over, as soon as we get a chance to see each other, we're going to have a nice cold beer, like we did in the past."

Canadiens coach Michel Therrien on his friendship with New York Rangers coach Alain Vigneault. Go to metronews.ca for results of Game 4 of the Eastern Conference final.



The Oil Kings celebrate their victory over the Guelph Storm in the Memorial Cup final at Budweiser Gardens on Sunday. BRUCE BENNETT/GETTY IMAGES

Oil Kings of the junior jungle



Storm weathered.
Edmonton claims title by handing Guelph its first loss of tournament



DAVE LANGFORD
dave.langford@metronews.ca

Edmonton Oil Kings coach Derek Laxdal did not have enough adjectives to describe his team after winning the Memorial Cup on Sunday in London.

"We're just resilient, gutsy, courageous, dynamic. What do you say about these kids?" Laxdal said. "They weren't picked to be here and we're here, we won it and we're champions."

Championship final

6	3
Oil Kings	Storm

Pretty simple when you break it down that way, but not so easy when you form your game plans against one of the best junior hockey teams in the country in the Guelph Storm.

But to a player, they all gave Laxdal credit after the Oil Kings upset the Storm 6-3 to win their first Memorial Cup in the current version of the Edmonton franchise.

The Oil Kings won the cup in 1963 and 1966 before moving the franchise to Portland. One of those teams beat Bobby Orr and the Oshawa Generals and ironically, Orr was on hand Sunday for the opening

ceremonies.

Laxdal and the players shared this win with their late teammate, Kristian Pelss, who passed away last year after a diving accident back in his home country of Latvia.

"There is a lot of deep feelings for Kristian. The guys responded. But you know what? These kids did it for each other in the dressing room, too. Kristian was looking at us from above and he was shining down when we needed him."

Henrik Samuelsson, the scoring star of the game for the Oil Kings, agreed with his coach.

"Everyone knows about the passing of Kristian Pelss and he was a good buddy of mine. I know he was watching over us today and definitely had a part of it," Samuelsson said.

Samuelsson had two goals, including one into the empty net, and three assists. Edgars Kulda added a goal and two assists and Cody Corbett, Tyler Robertson and Mitch Moroz

added singles. Goalie Tristan Jarry had a strong game, making 32 saves.

Robby Fabbri, Stephen Pierog and Zack Mitchell scored for the Storm which had won three straight before the championship final. Goalie Justin Nichols had trouble with high shots, but did make 40 saves.

Samuelsson, the son of former NHL defenceman Ulf, said his father helps when asked.

"Every game we talk and he gives me pointers here and there, but he knows when to say something and when not to say something," Samuelsson said.

Meanwhile, Laxdal would not admit to any future plans. This is his fourth year coaching the Oil Kings and his second trip to the Memorial Cup.

"My future? My future is going home tonight and getting some rest and maybe going to the cabin and taking some time off."

Fair enough.

Jays use balanced attack for second straight sweep



Blue Jays outfielders, from left, Melky Cabrera, Anthony Gose and Jose Bautista mark their 3-1 win over the Athletics on Sunday in Toronto with a celebratory dance. NATHAN DENETTE/THE CANADIAN PRESS

MLB. AL East leaders push their winning streak to six games

The Toronto Blue Jays have used power, speed and pitching on a recent surge that has put them in first place in the American League East.

Their 3-1 victory over the Oakland Athletics on Sunday showed just how well that combination can work.

Edwin Encarnacion provided the power with his 14th homer of the season, Jose Reyes provided the speed by equalling a career best for a game with three stolen bases and left-hander J.A. Happ provided the pitching with seven scoreless innings.

Put it all together, and you get a team that's on a season-best six-game winning streak and has won 16 of its past 21 games.

"I don't know if you ever see it coming," Blue Jays manager John Gibbons said. "What it really comes down to is we're just playing good baseball. The starting pitching has been really good, our offense has been alive, the bullpen has been solid."

The Blue Jays (29-22) swept the three-game series with the Athletics (30-20), who

On Sunday	
3	1
Blue Jays	Athletics

lead the AL West despite losing their past four games.

"Our three pitchers and their three pitchers were very good," Gibbons said. "And in those tight ball games, some clutch hitting and some great base running made the difference in most of those games. So ride it, ride it."

It was Toronto's second straight sweep after taking three games from the Boston Red Sox at Fenway Park.

Happ (4-1) allowed four hits and three walks while striking out seven in his longest outing of the season.

"He's filling up the strike zone," Gibbons said. "He's really doing a nice job of using his fastball on both sides of the plate. He's locked in right now. (Catcher Erik) Kratz has done a great job with him."

Casey Janssen pitched the ninth inning to earn his seventh save in as many attempts this season.

THE CANADIAN PRESS

Going through the lows

"You go through these periods. You've just got to fight your way through it."

A's manager Bob Melvin on his team's four-game losing streak

MLB

Dodgers' Beckett no-hits Phillies

Josh Beckett pitched the first no-hitter of his stellar career and the first in the majors this season, leading the Los Angeles Dodgers over the Philadelphia Phillies 6-0 on Sunday.

Beckett struck out six, walked three and didn't come close to allowing a hit against a lineup that included two former NL MVPs and four former all-stars.

The 34-year-old right-hander, whose career was almost derailed last year by a nerve condition that left him unable to feel his fingertips, threw 128 pitches and fanned Chase Utley on a called strike three to end the game.

Beckett mixed a sharp fastball with a slow, deceptive curve that kept hitters off-balance. He pitched the Dodgers' first no-hitter since Hideo Nomo beat Colorado at Coors Field in 1996, and the 21st in franchise history.

Upon completing the no-hitter, Beckett was mobbed by teammates. He got a standing ovation from the crowd of 36,141 at Citizens Bank Park on his way to the dugout.

THE ASSOCIATED PRESS



Dodgers pitcher Josh Beckett, middle, celebrates tossing a no-hitter against the Phillies on Sunday in Philadelphia.

MATT SLOCUM/THE ASSOCIATED PRESS

Tennis

Raonic off to strong start at French Open

Milos Raonic hopes his recent success on clay leads to a long run at the French Open.

The Canadian star won his opening match at the second Grand Slam of the year on Sunday, beating Australian wild card Nick Kyrgios 6-3, 7-6, 6-3 to reach the second round.

Raonic, the eighth seed from Thornhill, Ont., needed exactly two hours to advance against one of the game's rising young stars. He won on his third match

point, sealing victory with a 27th ace.

Raonic, who came to Roland Garros from a Rome semifinal last weekend, finished with 50 winners and 30 unforced errors, breaking on four of 10 chances.

"I felt very good, I was able to do the things I wanted to do," said Raonic, who next plays one of two Czechs, Lukas Rosol or Jiri Vesely.

"In the first round you go in not knowing exactly how things are going to play out. When it mattered, I was able to put forward the right attitude and the right level of tennis. I'm happy with that." THE CANADIAN PRESS



Ryan Hunter-Reay cools off after winning the Indianapolis 500 on Sunday. Scan the image for a gallery of the 98th running of the 500-mile race.

JONATHAN FERREY/GETTY IMAGES

Indy 500. Hunter-Reay beats Castroneves to finish line for Brickyard win

The finish at the Indianapolis 500 was worth the wait for Ryan Hunter-Reay.

He used a series of daredevil moves to deny Helio Castroneves a chance at history on Sunday and became the first American since 2006 to win "The Greatest Spectacle in Racing." He passed Castroneves at the Yard of Bricks as the two bright yellow cars raced wheel-to-wheel under the white flag in a thrilling final lap.

As Hunter-Reay surged ahead down the backstretch, Castroneves took one final look coming out of Turn 4, but couldn't pull off the pass and lost by 0.060 seconds. Only the 1992 race had a closer finish when Al Unser Jr. beat Scott Goodyear by 0.043 seconds.

Castroneves, trying to become the fourth driver to win a record fourth Indianapolis 500, settled for second.

THE ASSOCIATED PRESS

Horoscopes

Aries

March 21 - April 20

This should be one of the most enjoyable times of the year but if you want it to be really special, be more optimistic. A lot will depend on your state of mind. It creates your reality.

Taurus

April 21 - May 21

The moment you start seeing yourself as a victim is the moment you lose. No matter what others may be saying and doing you are master of your fate. Think like a winner again.

Gemini

May 22 - June 21

For some time now you have been doing too many things for too many people and hardly anything for yourself. That must change. Start putting your own needs first this week.

Cancer

June 22 - July 23

Impulse buying could be a problem over the next few days, so keep a tight hold on your cash and credit cards and make sure you can return anything you buy later.

Leo

July 24 - Aug. 23

There is so much you want to do in life but you are beginning to wonder if time and opportunity have passed you by. No they have not. It's not really about time, it's about motivation. What can you do now, this very minute? Do it!

Virgo

Aug. 24 - Sept. 23

People in positions of power will make demands of you over the next few days that you may find hard to meet. Stay calm and keep your mind free of fear. Always think logically and always act quickly.

Libra

Sept. 24 - Oct. 23

Things that have been hidden from you in recent weeks and months will be revealed over the next few days. Try not to dwell on the many little things that make up your life. Only the big picture matters now.

Scorpio

Oct. 24 - Nov. 22

What is the most important factor in success? It's knowing what you want. If you still don't know what you are aiming to do with your life, you must give it some thought this week.

Sagittarius

Nov. 23 - Dec. 21

The most important thing over the next few days is that you don't give anyone the authority to make decisions on your behalf. Stay in control of your destiny because everything else depends on that.

Capricorn

Dec. 22 - Jan. 20

If you feel run down as the new week begins that's a sure sign you have been overdoing it. Put your wellbeing first and don't worry that you might fall behind. You're still well ahead.

Aquarius

Jan. 21 - Feb. 19

You will take great strides over the next few days but where to? You have so many options open to you now but you need to choose one and stick with it.

Pisces

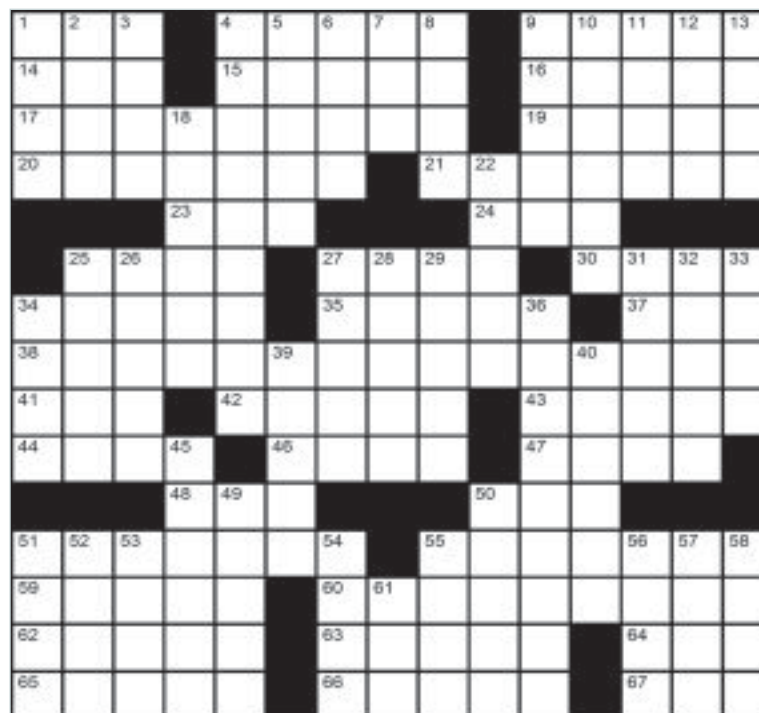
Feb. 20 - March 20

You are carrying a load at the moment and need to find someone who can help take the strain. The good news is there are people who have done favours for who would like nothing better than to return the compliment. **SALLY BROMPTON**

Crossword: Canada Across and Down

Across

- Letters-in-a-row
- Charles Dickens novel, ___ House
- Actor Jimmy
- Some vowels
- Big Wreck's "The ___ (___ Luck Is Wasted)"
- Army academy attendee
- Edmonton: LRT Service = ___ Transit
- Canadian doctor, the 'Father of Modern Medicine', William ___ (b.1849 - d.1919)
- Bird: French
- Stratford, ON born single-named songstress
- 'Meth' suffix
- Depleted
- Bell town in a Longfellow poem
- Winter reminder in the garage
- Large amount
- Cartoons voicer Mel
- Music chord type
- "The Simpsons" character
- Sitcom starring Barbara Eden: 4 wds.
- Become
- ___-ovo vegetarian
- Just starting something out: 2 wds.
- Iron and Lead
- Vodka brand
- Farm team
- Founded, briefly
- Ca' serving



- Remove, as a necklace
- Painter Mr. Monet's
- Map items
- Alternative medicine practitioner
- Cultural standards
- ___ Lama
- 'Serpent' suffix
- James' role in "The

- Godfather" (1972)
- Bagpipes sound
- Tree's 'liquid'

Down

- ___ Alto, California
- Prince Harry's grandmother, briefly
- Cheats
- St. Albert, AB, 'The

- Arts City'
- Johnny ___ (John Candy "SCTV" character)
- Internet-sent transmission
- Pierre's pal
- Mr. MacLachlan
- Director Ridley
- Pulvarizes potatoes

- Still
- Golfer, when at the golf peg, say
- Houston baseball player, informally
- Explorer-to-Canada, Samuel ___ (b.1745 - d.1792)
- Ms. Frost, Jude Law's ex-wife
- Tree type

- ___ au sucre (Quebec dessert 'sugar pie', in French)
- Toronto ___ Exchange
- Elevated
- Savour
- "___ talk?" (Joan Rivers' classic catchphrase)
- Concerning bees
- Two singers/One song
- The ___ (Nick-name of Montreal's 1976 Summer Olympics stadium)
- Canadian-invented product in the pantry: 2 wds.
- Boat poles
- TV: "After the break...": 2 wds.
- "Cityline" guest expert, Kimberley ___ (Interior Designer)
- Cheeky
- Cloudiness of vision
- Scottish musician Midge's
- Say ___ (Refuse)
- Lyricist Sammy
- High degs.
- Gladiator's 951
- Podium
- Cirneco dell' ___ (Dog breed)
- Elvis dog song: "Old ___"
- Acorned tree

Yesterday's Crossword

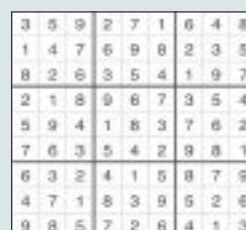



Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.



Yesterday's Sudoku





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